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Transgender girl wins legal battle

Colorado first-grader will be able to use the girls' bathroom following discrimination case

PAGE 11

Canmore tackles gloom and despair

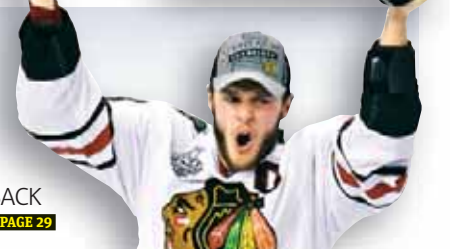
The town was the first to declare a state of emergency as floodwaters surged in the area Thursday

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CHICAGO TAKES THE STANLEY CUP

BLACKHAWKS WIN THE CUP IN A STUNNING COMEBACK AGAINST BOSTON

PAGE 29



Stampede going ahead, officials say

No turning back.

Calgary Stampede CEO says in 11 days the event will throw open its gates



**KATIE
TURNER**

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Come hell or high water, the Calgary Stampede 2013 will go ahead as scheduled, officials said Monday.

Calgary Stampede CEO Vern Kimball and Bob Thompson, president and chairman of the board, said that in 11 days the Calgary Stampede will throw open its gates to welcome people from all over the world to the grounds.

"For our entire history, we

have never cancelled a show, despite two wars and a Great Depression. 2013 will be no exception," said Thompson. "We will be hosting the Greatest Outdoor Show on Earth, come hell or high water."

At this point, Kimball said nothing has been eliminated from the Stampede, although the parade route on July 5 may be altered. Kimball said the Calgary Flames are also anticipating they'll have the Scotiabank Saddledome up and running for concerts, despite significant amounts of water.

Buildings like the Corral and the BMO Centre suffered little damage, according to Kimball, while the Big Four still had water in it Monday morning and the Grandstand was flooded with about two feet of water.

Despite the Stampede's

status in Calgary, Kimball said they've received no special treatment from the City of Calgary in terms of flood cleanup and adds they've used their own resources.

As for the damage estimates, Kimball said they're simply moving forward with what needs to be done.

"At this time, we haven't even looked at what it's costing," he said. "We're going to do whatever it takes for July 5."

Cindy Ady, interim CEO with Calgary Tourism, said with one in 10 people in Calgary employed in the hospitality industry, the Stampede is crucial to the economy.

"It's important that we show the rest of the world that, yeah, we took a bad hit, but we're the kind of city who can clean up, pick ourselves up and move forward."



Cleanup crews are hard at work getting the Calgary Stampede grounds ready on Monday. Stampede officials say the 2013 event is a go. JEFF MCINTOSH/THE CANADIAN PRESS

'Cash cards' for evacuees among \$1B in relief: Redford

Premier Alison Redford pledged an extra \$1 billion Monday on top of \$200 million already budgeted for disaster relief as a "preliminary" source of funds for flood-affected residents across the province.

"I promise you, on behalf of the Government of Alberta, that we will do everything that it takes to ensure that people can rebuild their homes and rebuild their lives and rebuild their communities," Redford told

reporters in Calgary.

The money will begin flowing to current evacuees in a matter of 48 hours in the form of "cash cards" to help people who may have fled their homes without access to banking, the pre-

mier said.

Qualifying adults will receive \$1,250 each and children will receive \$500 each.

For people who have returned to their flooded homes, Redford said some

sort of funding would be forthcoming "within 10 days to two weeks."

The premier warned, however, that this was just the beginning of a long rebuilding process.

"I don't want to scare

people," she said. "But when we talk about what's going to happen, we're talking about a 10-year plan. And we're committed to make sure that we take that time to do it right."

ROBSON FLETCHER/METRO



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Old city hall shut for weeks. Large portion of downtown could get power today

Calgary's municipal building will be closed at least seven days and it will likely take weeks to reopen the city administration building and old city hall after floodwater poured into the area Friday.

"Extensive damage" to electrical systems at old city hall is behind the lengthy timeline to reopen, said Bruce Burrell, director of the Calgary Emergency Management Agency.

Overall, about 3,300 buildings need to be inspected in the downtown core and power will have to be restored to entire grids, meaning assessments of every building in an area must be completed before electricity can run in the area again.

Crews with city utility provider Enmax were able to re-energize a large portion of the downtown core north of 4th Avenue to the Bow River between 2nd and 8th Street S.W., Monday afternoon.

Timelines for power to the rest of the core were still being worked through.

"It's really going to depend on a lot of pieces coming together and a lot of co-operation (with building owners)," Burrell said.

He added that the city does have dozens of water pumps working in homes partially submerged by floods that displaced tens of thousands; however, debris is causing them to fail 30 per cent of the time.

JEREMY NOLAIS/METRO



Calgary Transit officials estimate a minimum of two weeks before the south LRT line will be ready for passengers. TED RHODES/CALGARY HERALD/CEMA PHOTO POOL

Transit facing damage 'never seen' before on LRT

Rebuilding. Officials hope to repair and reopen track in time for Calgary Stampede



JEREMY NOLAIS
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Calgary Transit is working feverishly to restore LRT service in the downtown core, but officials said they are dealing with damage "never seen" before on the south track and it will remain off-line until at least the start of Stampede.

A briefing Monday afternoon marked the first time transit officials provided timelines for repairing the

clearly damaged line since floodwaters poured over tracks Friday.

Bridge approaches, in particular, near Erlton station and 25th Avenue S.E. have seen a series of hills form where the track once ran relatively straight.

"That was the Bow River overflowing into banks and scouring away the track beds that the track sits on and pulling that material out, which then causes the deformation," said director Doug Morgan.

As well, two LRT tunnels along the line continue to be partially submerged and must be completely pumped before assessments can be done.

Mayor Naheed Nenshi said it would be "a miracle" if no damage had been incurred on the electrical sys-

tems in the tunnels.

Morgan said he believed it would take a minimum of two weeks to restore service, with officials gunning for the start of Stampede on July 5.

Commuters did receive some good news in the Monday afternoon briefing as city roads director Ryan Jestin said Macleod Trail, located adjacent to the damaged tracks, would likely reopen fully Tuesday despite whole pieces of the road being broken away by strong water currents.

Other bridges leading into and out of the downtown core would also reopen, Jestin pledged.

"I was there an hour-and-a-half ago — we've started backfilling the approaches; those roads will be open for traffic tomorrow," Jestin said.

Contingency plan

- Transit relied on 50 shuttle buses to link passengers between damaged track areas Monday. But ridership through the core was only 50 per cent of what would be seen on a usual day, director Doug Morgan said, as the area remained mostly closed off while flood-damage assessments were conducted on buildings.
- He added that transit does have the ability to ramp up available shuttles once the downtown fully reopens, likely sometime this week.

1 NEWS

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Pet lovers rescue furry friends from flooding

Answering the canine call. Dogs made a priority in High River as hundreds unable to access homes



JEREMY NOLAIS
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Strangers have stepped in to save many a Rover and Fido left behind in the mad scramble to flee those homes hardest hit by Alberta floodwaters.

Residents have only just begun returning to their homes in Canmore, but a handful relied on Candace Webb to check on their furry friends over the weekend.

"A lot of them only had water for one day," said Webb.

"I have been checking in and giving them a little cuddle."

TLC

"I have been checking in and giving them a little cuddle."

Candace Webb, Canmore resident, on neighbours' pets she took care of in their absence.

Webb and a few others on Canmore's Riverstone Road took their chances as water spilled over the banks of nearby Cougar Creek early Thursday, defying an evacuation order by RCMP.

Because she remained in a spot where others could not return, Webb began offering up her pet-care services on Facebook free of charge.

"We're actually really comfortable over here," she said. "I have got two cats and they're the reason why I did not evacuate."

In High River, which suffered more widespread destruction, teams of Good Samaritans spent the week-

end fielding inquiries from displaced residents who feared for their pets left behind.

The pets were corralled and brought to area shelters so their owners could retrieve them.

Alberta Wildrose leader Danielle Smith was among those lending a hand. Her home was one of few in the town south of Calgary to avoid a surge of water — she even still had working power over the weekend.

"So, my dogs were fine ... looking at their cute little faces every day was a major motivation for me to see what I could do, to try to help."

During an update Sunday morning, High River Mayor Emile Blokland told residents that 1,800 pets had been rescued in his town alone.

But as waters recede and residents begin returning home, there will no doubt be tragedies too, Smith said.

Returning home

Many pets are all alone.

- High River residents may not be able to return to their homes until next week, Municipal Affairs Minister Doug Griffiths said Sunday.

- Canmore residents, meanwhile, were well underway surveying damage from flooding there on Monday.

"Let's be realistic — there's a lot of areas under water," she said.

"We know there were some animals that were kennelled or placed in the basement. The owners are going to have to prepare themselves that they're not going to be able to see them, we know there's going to be a lot of animal deaths."



Candace Webb is seen with one of her two cats. Her feline friends were a big factor in the Canmore resident choosing not to leave during flooding in the town Thursday. CONTRIBUTED

St. Patrick's main concern in East Village



St. Patrick's Bridge will need to be assessed following potential damage from flooding. DARREN KRAUSE/METRO

Considerable water pressure from the gushing Bow River has left the fate of a nearly complete pedestrian bridge in the East Village up in the air.

The \$25-million St. Patrick's Bridge, meant to link the East Village with Memorial Drive, was in Phase 3 of four and was scheduled to open in the fall.

However, Calgary Municipal Land Corporation spokesperson Susan Veres said the timeline could change.

"There has been tremendous water pressure against (the bridge)," said Veres. "There's a ton of debris."

She said they were only able to access the East Village Monday, and won't know the full extent of the damage to the bridge until it's assessed by engineers.

"The bridge is our primary focus right now, trying to figure out how and if it's been compromised and what that means to our schedule," said Veres.

St. Patrick's Island itself is also undergoing a \$20-mil-

Bridging the gap

\$25M

The \$25-million St. Patrick's Bridge was in Phase 3 out of four phases and was scheduled to open in the fall.

lion overhaul, but Veres said they were only two weeks into that process so it won't significantly impact their timeline.

In terms of other projects in the East Village, Veres said construction on the new Evolution condo tower by Embassy Bosa is still in the early stages.

"With Bosa, they were down several parking levels deep so there's water in their hole, but there was nothing critical in there, just cement," she said.

A press conference set for Wednesday to announce a new retail development for the historic Simmons building has also been postponed indefinitely. KATIE TURNER/METRO

Volunteers flock to lend hand in recovery

The aftermath. Help buoys homeowners

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PARDER
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Thousands of people gathered at McMahon stadium Monday morning, ready to get their hands dirty and help fellow Calgarians begin to rebuild their homes.

There were only 600 to 800 spots available for volunteers to fulfill. With the more than 2,500 people that turned out, the city upped its capacity to close to 1,000 volunteers and had to turn away the remaining, recommending those people help out on an individual basis and check the city's website for more need.

"We're hoping that people aren't going to get discouraged, this is only our kickoff volunteer event," said City of Calgary

Quoted

"People just walking by start helping, then they send 5 to 10 people, then they start helping out. People just want to do something." Homeowner Anil Karim

volunteer co-ordinator, Karen Young.

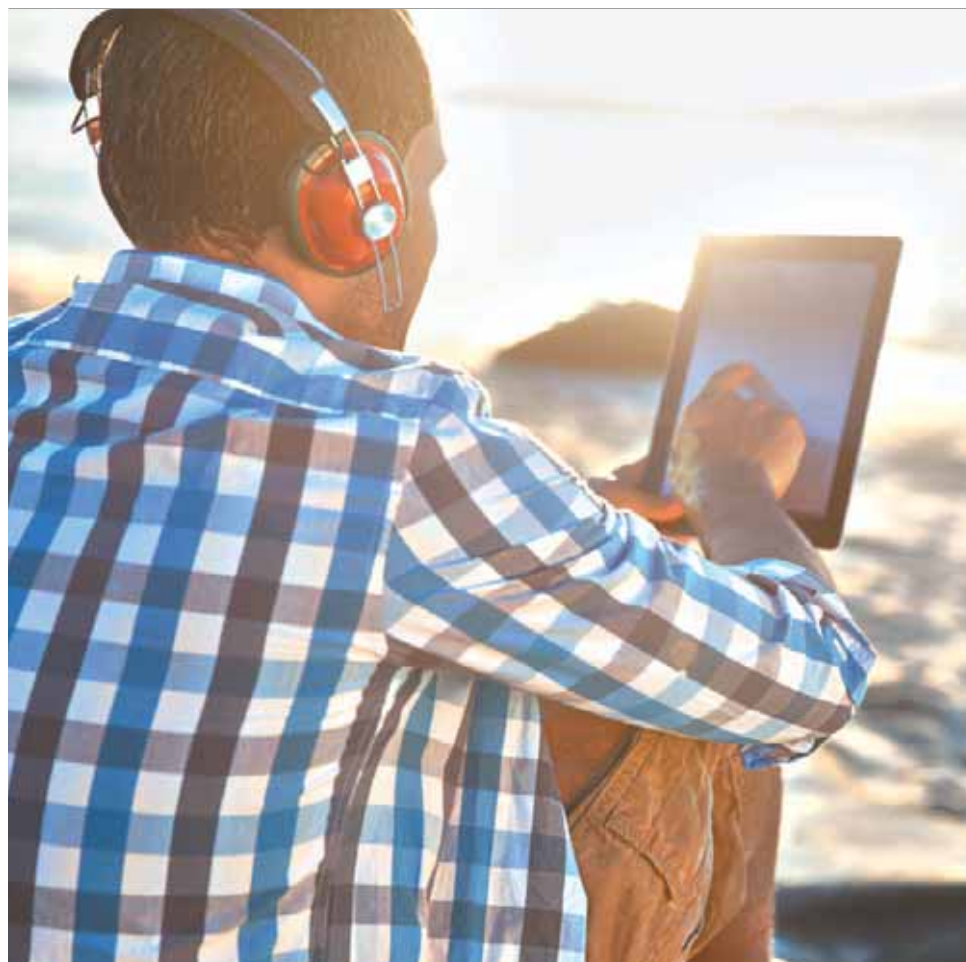
Some people literally just grabbed rubber boots and gloves and headed to communities hardest hit.

"The homeowners are in de-

pression a lot of them, it can be quite daunting. When they see they have help, the volunteers can really boost their spirits," said Anil Karim, whose Sunnyside home was significantly damaged by the flood.



Calgary volunteers get ready to help flood-affected residents after a recruiting session at McMahon Stadium Monday morning. ALLISON PARDER/FOR METRO



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Scuba Nenshi scores for flood relief



Scuba Nenshi print on T-shirts for flood fundraiser. CONTRIBUTED

This Bad Portrait of scuba Mayor Nenshi is already doing some good for the people of Calgary.

Artist Mandy Stobo, like many other Calgary artists, has established a Flood Relief campaign to raise money for the Alberta Red Cross.

In a span of less than 12 hours of putting her Scuba Nenshi T-shirts up for sale, she has already raised over \$7,000.

"It's just going so fast," said Stobo.

After seeing the devastation around the city and to her

friends' and families homes, Stobo decided to use her unique skill to help out the relief efforts.

"It's hard to watch friends think they will go bankrupt," said Stobo.

"I felt like I was not doing enough."

T-shirts are already in the process of being printed and children's sizes will be available online by Tuesday morning.

To order one of these t-shirts, visit Stobo's website at badportraitproject.com.

CANDICE WARD/FOR METRO

High River

Armed resident tried to breach perimeter: RCMP

RCMP allege an intoxicated 24-year-old man armed with a knife attempted to breach the flood perimeter around High River Sunday, as residents continue to be kept away from their flood-devastated town. The area resident brandished a knife as he approached RCMP. Charges are pending. **METRO**

Calgary Folk Music Festival. Hopeful the show will go on

With Calgary's Folk Music Festival set to begin in one month, officials with the event are waiting to see what happens with Prince's Island Park.

The island, which is home to the four-day event, was heavily flooded as the Bow River swelled, but as the water recedes, artistic director Kerry Clarke said they're hopeful the show will go on

as scheduled from July 25 to 28.

"We're going ahead thinking we're doing a festival at Prince's Island Park in a month and we know that that may be challenging but not impossible, we hope," said Clarke

Stay tuned to calgaryfolkfest.com and the festival's Facebook page for possible updates. **KATIE TURNER/METRO**

Flood's financial toll varies block to block

Lost revenue. Impact at just one powered-down restaurant estimated at \$14,000, while those with power report reduced sales as well



ROBSON FLETCHER
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Loco's Lounge manager Peter Strachan sat helplessly Monday afternoon on the patio of his darkened restaurant-bar, looking across the street at his competition, well lit and open for business.

"The businesses across the street, obviously they're going to make more money now, because they actually have power," he said. "My competition makes money, and I can't."

Since Friday afternoon, Strachan said the north side of his block of 4 Avenue S.W. has been without electricity, while the south side has seen no power interruption.

That difference of mere metres meant the loss of an estimated \$10,000 in revenues for Loco's Lounge, according to owner Ghordy Jhuty.

"Friday is our busy day," he said. "And we had a party booked here for 60 people on Saturday."

On top of that, Jhuty figures he lost about \$4,000 in spoiled food due to the lack of refrigeration.

His immediately neighbouring businesses on the north side of the block — including a liquor store, a Japanese restaurant, and a



Loco's Lounge manager Peter Strachan opens one of the refrigeration units that was without power for three days due to flooding in the downtown area that led to electricity being shut off on his side of the block. ROBSON FLETCHER/METRO

steak house — were also without power. Only an adjacent convenience store was open, which a clerk said was because they have their own backup generator.

On the south side of the block, it was a different story. "We've been open these past three, four days," said Amaan Malik from behind the counter of Great Canadian Pizza and Fried Chicken. "We didn't close. Nobody told us we should close."

But just because the res-

taurant was open didn't mean it was thriving, Malik added, noting the travel restrictions downtown cut into his clientele.

"Friday was good," he said. "After that, Saturday was really bad. And Sunday was worse."

Strachan, meanwhile, said it was "totally ridiculous" to keep power off for so long at so many core-area businesses.

"They should have taken care of that a long time ago," he said. "This is a downtown economy."

Back in business

- Enmax reports that it restored power to most buildings in the north-west portion of the downtown core around 3 p.m. Monday, after buildings inspections by city crews were completed.
- The area west of 2 Street S.W. to the Bow River, and north of Riverfront

Avenue between 2 Street S.W. and Centre Street, was re-energized and opened to the public by Monday afternoon.

- Loco's Lounge saw its power restored after 3 p.m. Monday and planned to be open for business by 11 a.m. Tuesday.

Insurance. Province vows to streamline claims process

Calgarians who suffered massive losses due to flooding are unlikely to get much from insurers, but the provincial government pledged Monday to simplify and accelerate the process for receiving financial assistance.

"In the past you had to be turned down by the insurance agency before you could then turn around and apply," Finance Minister Doug Horner said. "We're going to change it up."

Being turned down for claims based on overland flooding is a virtual inevitability, according to the Insurance Bureau of Canada (IBC), since insurance for that type of damage simply isn't available.

"The purpose of insurance is really to spread the risk among the policy holders and overland flooding is a risk for only a small percentage of the population," said IBC spokesperson Steve Kee. "Since most homeowners are not exposed to this risk, they won't share in the cost, so to price something like flood insurance would be very high for the small number of people who might need it."

Home insurance claims based on sewer backup are possible, he added, as are claims for vehicles damaged by flooding.

Kee said IBC has expanded its customer information centre in Alberta to answer insurance-related questions. The number to call is 1-800-377-6378.

As for provincial assistance, Horner said, "you'll hear more about that as the week unfolds" but noted it will be forthcoming much faster than in the 2005 flood.

ROBSON FLETCHER/METRO



Bow Valley College's new south campus will remain closed for the rest of the week. METRO

Bow Valley Students locked out

Bow Valley College's newly unveiled south campus has flooding in at least three floors of its parkade and it's unclear when its doors will reopen, a spokesperson said Monday.

Dave McLean said while the institution's north campus is in good shape, it has no power and a shutdown of the college's entire online

network is posing issues for 5,000 of its own students as well as some with the University of Lethbridge, Athabasca and Olds College.

"At this time, it's still guesswork as to when our exact open date will be," he said.

The north campus will reopen once its elevator pit is inspected for water and

given the all-clear from Enmax.

Officials with the Calgary utility provider are being forced to ensure every building in a given grid has been assessed before turning the power back on.

But it's the south campus that could pose real issues, as officials still aren't even sure how much water ran

By the numbers

5,000

The number of Bow Valley College students affected by closures due to the recent flood.

down into its third-level parkade during flooding in Calgary Thursday and

Friday. The \$160 million, 278,000 square-foot site only officially opened in May and features 50 classrooms.

McLean said they are communicating with students and working with them to assure no deadlines for funding applications and the like are missed.

JEREMY NOLAIS/METRO

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Calgary Zoo. Piranhas, peacock perish in floods

Officials with the Calgary Zoo say its piranhas, tilapia and at least one peacock died over the weekend as their site was heavily flooded.

According to the organization's Facebook page, the tilapia in the zoo's hippo pool and piranhas in the South America area "have not survived due to the sustained lack of power to the island to maintain water quality and appropriate temperatures for these tropical fish."

Zoo officials lost a peacock while attempting to corral the free-roaming birds Thursday ahead of the flood. Some of the birds flew up into the trees, out of reach. A necropsy will be performed to determine how the bird died.

"In spite of the loss of the fish and a peacock, we are still counting our blessings that in the face of this natural disaster there have not been greater losses," the zoo said in its post. **JEREMY NOLAIS/METRO**

Productivity

Hundreds of millions lost over flood: Economists

Flooding in southern Alberta could knock as much as \$160 million out of the economy in lost productivity in June, according to early estimates.

The disaster has shut down major offices and forced the evacuation of

thousands from Calgary and surrounding areas.

"We've seen one of Canada's major cities out of commission for a fair period of time. That's going to have a potentially large impact," said CIBC senior economist Peter Buchanan.

BMO insurance analyst Tom MacKinnon wrote in a note to clients that preliminary damage estimates range from \$3 billion to \$5 billion.

TORSTAR NEWS SERVICE

Inglewood. Erosion keeps some residents from home

Residents in the southeast community of Inglewood were granted access to their homes Monday morning, with the exception of those closest to a land-erosion area.

The community, other than homes along 8th Avenue S.W., east of 22nd Street, reopened as of 9 a.m., said Bruce Burrell, director of the Calgary Emergency Management Agency.

Over the weekend, whole chunks of pathway along that area broke off and were carried away by strong river currents.

Residents and personnel with the Canadian Armed Forces worked together to establish a berm in the area Saturday.

Burrell said Monday morning that the berm held overnight and that the situation is improving.

Erosion issues were also being faced elsewhere over the weekend, including the northwest community of Bowness. It was not clear when Inglewood residents living near the worst-hit area would be able to return. **JEREMY NOLAIS/METRO**



Excavators work on the Cougar Creek bed on Saturday, two days after it tore through Canmore, Alta. **JONATHAN HAYWARD/THE CANADIAN PRESS**

Canmore residents rise up, fall apart

Mixed reactions. Small acts of kindness help break through gloom and despair



JEREMY NOLAIS

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Jamie LeSueur spent his Sunday breaking news to 40 Canmore families that their homes are uninhabitable.

Some were able to take 30 minutes to gather belongings that may have been left

behind in a rush to get away from the roaring Cougar Creek early Thursday. Others were escorted in by firefighters, but in at least 10 instances it was too dangerous to access the home at all.

"People were breaking down — it was a whole gamut of reactions, actually," said LeSueur, the Canmore emergency response team lead for the Red Cross.

"Some people took it in stride, then you have some that broke down and were screaming at people."

Canmore was the first to declare a state of emergency as

Coming together

"It's amazing to see the community mobilize in times of disaster."

Jamie LeSueur, Red Cross emergency response team lead

water surged into the mountain town Thursday, eroding banks and carrying away whole pieces of property.

But even in tough times, LeSueur said examples of community spirit have shone through. One displaced family took it upon themselves to

deliver food to fellow evacuees for six hours on Sunday. Firefighters bent the rules a bit to help an elderly woman retrieve her glasses from a severely damaged property so she could take a driving exam later this week.

"It's the small things.... That was one story that did bring a smile to all our faces," he said.

The Red Cross has set up a family reunification line at 1-866-696-6484. Those hoping to help flood victims are urged to donate by calling 1-800-418-1111 or by texting REDCROSS or ROUGE to 30333.

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Karl Lilgert, navigator of the Queen of the North, leaves the law courts in Vancouver last month. THE CANADIAN PRESS

B.C. mariner gets four years

Queen of the North.
Judge says Karl Lilgert's relationship with quartermaster was significant factor in the crash

The mariner who was navigating the Queen of the North passenger ferry when it ran aground and sank off the coast of northern British Columbia, killing two passengers, has been sentenced to four years in prison.

Karl Lilgert, 59, was convicted last month of criminal negligence causing the deaths of Gerald Foisy and Shirley Ros-

ette, who vanished when the Queen of the North missed a routine turn and collided with a remote island in March 2006.

Judge Sunni Stromberg-Stein said Lilgert's relationship with quartermaster Karen Briker — who was the only other crew member on the bridge when the ship struck land — was a significant factor in the crash.

It was their first time working alone together since their relationship ended several weeks earlier, and the intimate details of the affair were laid bare during the trial.

"Clearly, he was distracted by personal issues related to his relationship with Ms. Briker," Stromberg-Stein said as she read her sentencing

decision on Monday in B.C. Supreme Court.

"I do not need to speculate on what Mr. Lilgert was doing on the bridge that night. I know what he was not doing. He was not doing his job."

Last week, the Crown recommended a six-year prison term, while the defence asked for a conditional sentence with no time in custody. Lilgert's lawyer has already indicated that he plans to file an appeal of the conviction.

Data recovered from the ship's navigation system showed the ferry made no turns and took no evasive action as it approached Gil Island, which one expert witness described as a "catastrophic dereliction of duty." THE CANADIAN PRESS

Robocalls court case

Tory MPs seeking \$355K in legal costs

Seven Conservative MPs are seeking a combined \$355,907 from a group of voters who went to court and lost their bid to overturn election results in their federal ridings because of misleading robocalls.

THE CANADIAN PRESS

'Baby Mile,' Sask.?

Baby on board

A strip of highway near Saskatoon could be renamed the "Baby Mile," as three infants have been delivered on the road in the past 2 1/2 months with the help of 911 dispatchers.

METRO IN SASKATOON

Privacy? Poor data-breach tracking, reporting concerns privacy commissioner

Canada's privacy czar has singled out several federal departments for their lacklustre approach to data breaches, citing a need for better reporting, security and tracking protocols.

Privacy commissioner Jennifer Stoddart's office has compiled a preliminary list of agencies with potentially worrisome patterns when it comes to the loss of Canadians' personal information.

The analysis is based on departmental figures tabled in Parliament in April in response to a question from New Democrat MP Charlie Angus.

The response showed there were more than 3,000 data breaches over a 10-year period affecting about

Two departments

The office says two departments — Fisheries and Oceans and Public Safety — "may lack adequate reporting mechanisms" for alerting the privacy commissioner of a data loss.

725,000 Canadians.

Upon crunching the numbers, the privacy commissioner identified nine departments and agencies that may lack adequate reporting mechanisms, have faulty security procedures or require improved tracking protocols.

THE CANADIAN PRESS

Spreading good news. Mormons now knocking on social-media doors

Mormon missionaries will soon spend less time knocking on doors and more time chatting online with potential converts.

Leaders of the Church of Jesus Christ of Latter-day Saints announced the strategy shift Sunday night in Provo, Utah, during a two-hour presentation to mission presidents that was broadcast worldwide.

Church apostles said the change reflects the growing importance of social media and people's preference to connect over sites such as Fa-

Quoted

"The church must adapt to a changing world."

Elder L. Tom Perry of the Quorum of the Twelve Apostles. He said missionaries will be using social media, blogs, email, text messages and the church's website in a limited number of locations this year.

cebook rather than opening their homes to strangers.

The move is the latest step in the loosening of traditionally strict rules for missionaries.

THE ASSOCIATED PRESS

Washington zoo

Panda's breakout short-lived

Animal keepers from the National Zoo have captured a red panda in a Washington neighbourhood after it went missing from its enclosure.

A zoo spokeswoman says

the male, Rusty, was captured Monday in a bush.

Red pandas are slightly bigger than a domestic cat and look similar to a raccoon. They are listed as vulnerable in the wild.

Rusty arrived at the zoo in April and went on exhibit in early June.

THE ASSOCIATED PRESS

Transgender first-grader wins discrimination case



Six-year-old transgender girl Coy Mathis holds hands with her attorney and her mother at a news conference in Denver on Monday. The Colorado Civil Rights Division has ruled in favour of Coy, whose school had barred her from using the girls' bathroom. ED ANDRIESKI/THE ASSOCIATED PRESS

Complaint. Parents said they were told in December that the six-year-old was not allowed to use the girls' bathroom

A six-year-old transgender girl will be able to return to school after winning the right to use the girls' bathroom.

The New York-based Transgender Legal Defence and Education Fund announced the ruling in favour of Coy Mathis on Sunday.

The group filed the complaint on behalf of Kathryn and Jeremy Mathis claiming that the first-grader had been discriminated against at Eagleside Elementary School in Fountain, near Colorado Springs. The Mathises feared going along with the school's order would stigmatize Coy and open her up to bullying. She was homeschooled as the

Gender identity disorder

The Mathises said Coy, a triplet, showed an early preference for things associated with girls.

- She showed little interest in toy cars and boy clothes with pictures of sports, monsters and dinosaurs. She refused to leave the house if she had to wear boy clothes and became depressed and withdrawn.

- The Mathises said they decided to help Coy live as a girl and she came out of her shell.

complaint was considered.

School districts in many states, including Colorado, have enacted policies that allow transgender students to use the bathroom of the gender with which they identify. THE ASSOCIATED PRESS

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Fugitive. The U.S. urges Russia to turn over leaker Snowden, if he's there

The U.S. grasped for help Monday from both adversaries and uneasy allies in an effort to catch fugitive National Security Agency leaker Edward Snowden. The White House demanded that he be denied asylum, blasted China for letting him go and urged Russia to "do the right thing" and send him back to America to face espionage charges.

Snowden was believed to be in Russia, where he fled Sunday after weeks of hiding out in Hong Kong following his disclosure of the broad scope of two highly classified counterterrorism surveillance programs to two newspapers. The programs collect vast amounts of Americans' phone records and worldwide online data in the name of national security.

Snowden had flown from Hong Kong to Russia, and was expected to fly early Monday to Havana, from where he would continue on to Ecuador, where he has applied for asylum. But he didn't get on that plane and his exact whereabouts were un-



The empty seat on a Havana-bound flight that an official said was booked in the name of Edward Snowden.

MAX SEDDON/THE ASSOCIATED PRESS

clear.

The founder of WikiLeaks, the secret-spilling organization that has embraced Snowden, said the American was only passing through Russia on his way to an unnamed destination to avoid the reach of U.S. authorities. Julian Assange said Snowden had applied for asylum in Ecuador, Iceland and possibly other countries.

THE ASSOCIATED PRESS

Call for investigation

Report: Cops tried to smear murder victim's family

British Prime Minister David Cameron called Monday for an immediate investigation into allegations that an undercover police officer was ordered to smear the reputation of the family of a murdered black teenager.

The Guardian newspaper published claims Monday that the officer infiltrated anti-racism protest groups to gain information that could discredit the family of 18-year-old Stephen Lawrence.

"To hear that, potentially, the police that were meant to be helping them were actually undermining them — that's horrific," Cameron said in Downing Street.

Lawrence was stabbed in 1993 and an ensuing inquiry found the Metropolitan Police "institutionally racist" in its response to the killing.

THE ASSOCIATED PRESS



In this photo taken in 2009, then-Italian Premier Silvio Berlusconi gestures as he attends a meeting in Milan. A court has convicted Berlusconi of paying for sex with an underage prostitute during infamous "bunga bunga" parties at his villa and then trying to cover it up. THE ASSOCIATED PRESS FILE

Silvio Berlusconi found guilty in sex-for-hire case

Possible end of political career. The former Italian premier, 76, was sentenced to seven years in prison, but it's not over yet

A Milan court on Monday convicted former Italian premier Silvio Berlusconi of paying for sex with an underage prostitute during infamous "bunga bunga" parties at his villa and then using his influence to try to cover it up.

Berlusconi, 76, was sentenced to seven years in prison and barred from public office for life — a sentence that could mean the end of his two-decade political career. However, there are two more levels of appeal before the sentence

would become final, a process that can take months.

Berlusconi holds no official post in the current Italian government, but remains influential in the uneasy cross-party coalition that emerged after inconclusive February elections.

Both he and the Moroccan woman at the centre of the scandal have denied ever having sex.

His lawyer, Niccolò Ghedini, immediately announced an appeal and said the sentence was unjust.

"This is beyond reality," Ghedini told reporters outside the courthouse. The sentence was even stiffer than the six-year prison term and lifetime ban on public office that prosecutors had originally requested.

"I'm calm because I've been saying for three years

that this trial should never have taken place here," Ghedini said.

The charges against the billionaire media mogul stem from the "bunga bunga" parties in 2010 at his mansion near Milan, where he wined and dined beautiful young women while he was premier. He says the dinner parties were elegant soirees; prosecutors say they were sex-fuelled parties that women were paid to attend.

Neither Berlusconi nor the woman at the centre of the case, Karima el-Mahroug, better known by her nickname Ruby, have testified in this trial. El-Mahroug was called by the defence but failed to show on a couple of occasions, delaying the trial. Berlusconi's team eventually dropped her from the witness list.

THE ASSOCIATED PRESS

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HBC eyes Saks Inc. purchase

Department stores. Retailer is said to be interested in buying prestigious U.S. chain

Department store owner Hudson's Bay Co. is looking to expand its presence in the U.S. with the purchase of high-end retailer Saks Inc., says a source close to the potential deal.

Hudson's Bay has been eyeing the beleaguered American department store chain for the past few months, they said.

HBC is "always looking for stuff like this," said the source Monday, who spoke on the condition of anonymity.

"(Chief executive) Richard Baker is always looking to add value and look for growth."

The source said HBC is looking to buy all 41 department stores under the Saks banner, including the iconic location on New York's Fifth Avenue, which opened in 1924. The

Quoted

"It would be a good strategic step. It would widen their brand presence obviously and could certainly provide the entry into Canada for Saks."

Retail consultant Wendy Evans

stores would also likely stay open under the Saks name.

The source said Hudson's Bay is one of a number of potential buyers vying for Saks, which means that a deal could happen quickly. One of the reported obstacles of the acquisition is the current valuation.

"There are other people that are also considering (Saks)," said the source.

HBC declined to comment on the report.

Morningstar analyst Paul Swinand said rumours about Saks being sold to various buyers have circulated for at least a year. **THE CANADIAN PRESS**



Rumours about Saks being sold to various buyers have circulated for at least a year, according to Morningstar analyst Paul Swinand. **THE ASSOCIATED PRESS FILE**



Wilderness vandals target U.S. sites

A woman jumps near graffiti-covered rocks at Sapphire Falls in Cucamonga Canyon on Sunday in the Angeles National Forest near Rancho Cucamonga, Calif. In response to massive graffiti vandalism, the city of Rancho Cucamonga is denying access through non-national forest land, actively enforced with \$250 US citations. While hikers must now use difficult and dangerous routes on national forest land to reach the popular falls, teams of graffiti vandals continue to spray-paint the area at will. An epidemic of vandalism against natural, archeological and historical sites has also led to the closure of historic Barker Dam and the popular Rattlesnake Canyon hiking area of the Wonderland of Rocks in Joshua Tree National Park.

DAVID MCNEW/GETTY IMAGES

Design your own doughnut. Jason Priestley will help judge Tim Hortons contest

Vancouver-born celebrity Jason Priestley will help Tim Hortons pick the winner of a contest it has launched asking Canadians to design a new doughnut.

The competition offers a \$10,000 grand prize to the person who designs its next pastry, using a website and Facebook page dubbed Duelling Donuts.

Priestley had a cameo in an episode of the sitcom *How I Met Your Mother* last February that played on the idea of a Canada obsessed with Tim Hortons.

The episode featured a faux documentary where Priestley bragged about his role in the creation of a new doughnut called The Priestley. Tim Hortons later made the doughnut by stuffing a chocolate Timbit inside a strawberry-vanilla doughnut.

Tim Hortons says it hopes to find similarly original doughnut ideas, asking the public to

Faux doughnut



The Priestley TIM HORTONS

- The Priestley, a fictional doughnut featured on an episode of *How I Met Your Mother*, was a chocolate Timbit stuffed inside a strawberry-vanilla doughnut.

try to beat The Priestley.

Priestley and a panel of other judges will choose eight finalists from the entry pool, open until July 21, before the public votes on a winner in August. **THE CANADIAN PRESS**

Beijing. U.S. factory boss held hostage by workers demanding severance

An American executive said Monday he has been held hostage for four days at his medical supply plant in Beijing by scores of workers demanding severance packages like those given to 30 co-workers in a phased-out department.

Chip Starnes, 42, a co-owner of Coral Springs, Fla.-based Specialty Medical Supplies, said local officials had visited the 10-year-old plant on the capital's outskirts and coerced him into signing agreements Saturday to meet the workers' demands, even though he sought to make clear that the remaining 100 workers weren't being laid off.

The workers were expecting wire transfers by Tuesday, he said, adding that about 80 of them had been blocking every exit around the clock and depriving him of sleep by shining bright lights and banging on windows of his office. He declined to clarify the amount,

saying he wanted to keep it confidential.

"I feel like a trapped animal," Starnes said on Monday from his first-floor office window, while holding onto the window's bars. "I think it's inhumane what is going on right now. I have been in this area for 10 years and created a lot of jobs and I would never have thought in my wildest imagination something like this would happen." **THE ASSOCIATED PRESS**



Chip Starnes **THE ASSOCIATED PRESS**

Toronto

Barrick cuts 100 corporate jobs

Barrick Gold Inc. is laying off about 100 corporate staff, mostly from its Toronto headquarters, as it struggles with falling gold prices and a number of internal challenges. **THE CANADIAN PRESS**

New York

Samsung tablets mimic phones

Samsung is making its tablet computers look more like its hit Galaxy phones. The three new tablets in the Galaxy Tab 3 series go on sale in the U.S. on July 7. **THE ASSOCIATED PRESS**

Market Minute

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(-0.27¢)

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KIMYE PUT DAUGHTER ON THE MAP

Kim Kardashian and Kanye West shocked the world last week when they rejected Kardashian family tradition and decided not to give their daughter a name starting with the letter K. Instead, the new celebrity parents decided to go in a different direction (pardon the pun) and name their baby girl North West — effectively turning the announcement of their newborn into a bad joke.

The directional name might have sent a collective groan through the Interwebs, but it wasn't all that surprising. Kimye are probably the most narcissistic couple on the planet so it makes sense that they would bestow such an attention-grabbing moniker upon their first-born. Goodness knows that celebrity-baby BFF Blue Ivy wasn't going to be seen hanging out with any ordinary Ava or Olivia.

But this cutesy combination name sounds more like a brand



SHE SAYS
Jessica Napier
metronews.ca

name than a baby. I can picture it now: Bottles of "North" by North West perfume lining shelves alongside Kardashian Kolors nail polish. Or perhaps she'll launch her own line of stylish toddler apparel emblazoned with compasses pointing toward her namesake.

North West may induce a lot of eye-rolling, but I'm on board with the unusual baby-name trend. My own name happens to be the most popular girl's name from the year I was born and I have often cursed my parents for their lack of originality. I was one of six Jessicas in my grade and constantly mistaken for one of the five Jennifers. The only upside of having such a popular name is that I can always find my nameplate key chain at a souvenir shop. The Jo-
lie-Pitt clan would be so jealous.

Commonplace names can leave kids feeling lost in the crowd; however, children with obscure names are an easy target

for ridicule. And while school kids may be cruel, the Twitterverse is even worse. North West already has Twitter parody accounts poking fun at her and she's only 10 days old.

She may be the celebrity joke of the month, but Kim and Kanye's kid could inspire a new trend toward directional baby names. Bizarre names are nothing new in Hollywood and occasionally the less radical ones will trickle down to the mainstream. Brooklyn — a relatively uncommon choice when Victoria and David Beckham selected it for their son in 1999 — was the 23rd most popular girl's name in Canada last year. Although, fruit names such as Apple, Clementine and Peaches haven't exactly soared in popularity.

It's hard to say if cardinal points as names will catch on among the general population, but at least little baby North West will never have any issues with people misspelling her name. Unless Kim actually did decide to uphold the Kardashian family tradition and name her "Knorth" with a silent K.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Thanks for the lift through London



JEFF MOORE

Magician catches a ride on the outside of a bus

British illusionist Dynamo has wowed Londoners by levitating in the air while holding onto the top deck of a 4.57-metre red double-decker bus.

The 30-year-old entertainer — whose real name is Steven Frayne — appeared to use one hand to hold himself in the air. **METRO**

Q and A

It's 'impossible to explain,' he says



DYNAMO
Real name: Steven Frayne,
30, magician, from Bradford,
northern England

Levitating on an iconic London red bus: How did it feel?
It was the best perspective I have ever had of London. I could see all the great land-

marks, but at times it was quite scary — the bus had to dodge big branches of trees hanging over the roadside.

How did the public respond on the street? I could imagine a poor old lady getting a big shock ...
(Laughs) No, I don't think so. All I could see were people smiling and waving. I think I'm actually quite popular

with the older generation.

Come now, how did you do the trick? It must be a fake arm bolted to the side of the bus ...
No, my arm is really there — and fully intact. And quite frankly it's impossible to explain because it's one of those things where I do what I do and let people come to their own conclusions.

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca



BRENDA STARR/FICKR

A talent I'm truly envious of is the ability to entertain a room by simply spinning a fine yarn. It's a talent I don't have and I long ago learned to defer to more gifted storytellers, many of whom can be found anchoring these podcasts:

Risk!

A short storytelling podcast with a rotating cast of yarn-spinners, not unlike *The Moth*. Except completely unlike *The Moth* in that it's frequently crude, embarrassing and strangely relatable.

True Story

Taking place on a stage of themed dinner parties, *True Story* tends to be a little more emotionally raw when compared to the antics of *Risk!*, but that

doesn't mean there isn't room for the occasional tale of underwear-related struggles.

On Taking Pictures

It would be unfair to talk about storytelling without mentioning photography, and hosts Jeffery Saddoris and Bill Wadman's thoughts on the philosophy and science behind exploring the world through a lens can be fascinating stuff, even for pocket photographers.

Comments

RE: Does Canada Need An Anti-'Revenge Porn' Law? Published online June 24

While it is never OK to post a pic of your ex to a porn site, it would be just so much easier if the pic was never taken! People have to realize that doing something "online" means that you are at the discretion of others, and those others may not be trustworthy.

Donna posted to metronews.ca

We shouldn't victim-blame.

The real problem are the people using the personal pics that were sent to them in good faith to act maliciously.

Those are the people that need the lectures ... those are the people that need to be held accountable for their malicious behaviour.

Mandy posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: calgaryletters@metronews.ca

Everyone gets old

Orson Welles was a handsome 20-something. Marlon Brando was a sex symbol. Time wasn't kind to either. But time has been kind to many of our own era's former hot young actors, who've avoided binge eating, heavy smoking and other vices to keep looking young and fit even as they creep up in age.

MATTHEW PRIGGE
Metro World News in New York

Brad Pitt

Age: 49
First blush: A Robert Redford look-a-like, one of his first prominent jobs was acting for Redford in his *A River Runs Through It*. That was off the heels of his *Thelma and Louise* breakthrough, in which a 28-year-old Pitt let Geena Davis massage his six pack. That was over two decades ago.
Today: A special effects team didn't have to work too hard to make him look 20ish late in *Benjamin Button*.



George Clooney

Age: 52
First blush: The nephew of Rosemary Clooney (and son of AMC charmer Nick Clooney), George was a mulleted himbo on *Facts of Life* and a scene stealer on *Roseanne*. It wasn't until *E.R.*, at 33, that he became sex god. By his 40s he had fully embraced the Cary Grant persona.
Today: Cary Grant retired in his early 60s, as he didn't think the world wished to watch him grow old. Clooney doesn't seem like he'll do the same thing.



Will Smith

Age: 44
First blush: He was that nice kid who made nice raps that your parents would like. Indeed, he's the least threatening person to ever record a song about how parents suck.
Today: He's a dad himself. He's by no means old, nor looks it, but he does have a teenager.



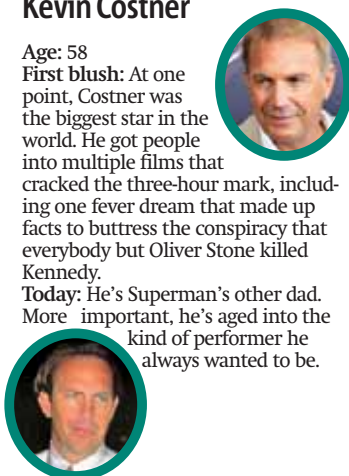
Russell Crowe

Age: 49
First blush: The Aussie didn't completely break through into America until *Gladiator* at 36. But more adventurous viewers were all about him since he was 26, when he delivered a rollicking performance in 1991's *Proof*.
Today: Along with Kevin Costner, he's one of Superman's two dads. He's oozed the kind of weary gravitas you get from older, seasoned actors since the start. But now he's really starting to look the part, especially once he started putting on a bit of weight.



Kevin Costner

Age: 58
First blush: At one point, Costner was the biggest star in the world. He got people into multiple films that cracked the three-hour mark, including one fever dream that made up facts to buttress the conspiracy that everybody but Oliver Stone killed Kennedy.
Today: He's Superman's other dad. More important, he's aged into the kind of performer he always wanted to be.



Alec Baldwin

Age: 55
First blush: For more than a decade, Hollywood tried to make the elder Baldwin a slim movie stud. He even got it on in *The Getaway* with then-wife Kim Basinger, producing scenes too hot for theatrical exhibition.
Today: Like Russell Crowe, he got even better once he put on some weight. In an episode of *30 Rock*, Jack Donaghey hands Liz Lemon a photo from his youth. She freaks. He asks for it back. Even older, fatter Alec is into younger, slimmer Alec.



Denzel Washington

Age: 58
First blush: An actor as attractive as he was talented, he was cited in the *En Vogue*/Salt-n-Pepa song *Whatta Man* as having the ideal face (though a Schwarzenegger body would have made the package perfect, apparently).
Today: We're just shocked he's nearly 60 years old. Like Pitt, he's got a case of Dick Clarkism.



Michael Douglas

Age: 68
First blush: The son of Hollywood royalty, Douglas was the young co-star of *The Streets of San Francisco*, but didn't really come into his own until middle age.
Today: Even more shocking than him being nearly 70 is that his dad, Kirk, is still going, at 96. But yes, Michael Douglas is AARP age, and recently did a killer *Liberace* opposite Matt Damon, who himself is a boyish 42 (playing 18, mind you).



Harrison Ford

Age: 70
First blush: Even before *Star Wars*, he was a scruffy-looking go-getter, who stole bits of American Graffiti.
Today: He's a first-rate grouch, and as he heads into his 70s he's only going to get grouchier. He was hilariously pissy in *Morning Glory* and 42, and at some point soon he'll play an old man yelling at kids on his lawn with Clint Eastwood, who right now is 83. But he doesn't look old.



DVD reviews



The Incredible Burt Wonderstone

Director: Don Scardino

Stars: Steve Carell, Steve Buscemi, Jim Carrey

No amount of smoke and mirrors can hide the burst seams, frayed wires and bad-hearted humour of *The Incredible Burt Wonderstone*. Steve Carell, Jim Carrey, Steve Buscemi, Olivia Wilde and James Gandolfini star in this comedy of one-upping Las Vegas magicians, but they aren't given much that's funny or magical to work with. Directed by Don Scardino (TV's *30 Rock*) and scripted by *Horrible Bosses* writers Jonathan Goldstein and John Francis Daley, the movie goes in more directions than a lost white rabbit. It's part laughter, part drama, part romance, part bromance, part comeuppance, part redemption, part nostalgia trip, part social critique, partly sweet, partly gross ... and a whole lot of nothing that really clicks. Extras include deleted and alternate scenes, a gag reel and making-of featurettes.

PETER HOWELL

No

Director: Pablo Larraín

Stars: Gael García Bernal, Alfred Castro

Gael García Bernal plays a Chilean version of *Mad Men*'s advertising ace Don Draper, called upon to sell the "no" side of a national plebiscite that will confirm or topple the dictatorship of General Augusto Pinochet — and the fix for "si" is likely already in. Based on real events of 1988, Pablo Larraín's tightly framed film is a mesmerizing, realistic and often hilarious look at the cynical politics of power and the magic required to sell a negative as a positive. Say yes to No. Extras include a commentary with Gael García Bernal and Larraín.

PETER HOWELL

2 SCENE

'I don't really cater to what's going on in hip-hop'

Ice Cube as chill as ever. Rapper continues to pride himself on not being swayed by popular themes of the genre

LAUREN CARTER
Metro World News

Ice Cube has parlayed a hardcore rap career into an entertainment empire that spans movies, television and product endorsements. But the former N.W.A. member and solo artist known for groundbreaking albums such as AmeriKKKa's Most Wanted and Death Certificate has no plans to switch up his politically charged style. While mainstream rap drowns in escapist tales of cars, clubs and fancy cribs, he says fans can expect "vintage Ice Cube" on his forthcoming album, Everythang's Corrupt.

"Everything that you've ever gotten from me, I deliver on this record," he says.



Ice Cube — born O'Shea Jackson — is also working on a feature film about Compton collective N.W.A. that will reunite him with Friday director F. Gary Gray. ALL PHOTOS GETTY IMAGES

"My style is straight street knowledge. I don't really cater to what's going on in hip-hop or what's going on in the industry, so to speak.

I just dial in on Ice Cube fans and try to keep them satisfied, and everybody else gotta get in where they fit in. I don't want to have to worry

about no program director here or no A&R there. That makes it a drag, and being independent, I can just go in the studio and do what I

feel."

While he wraps up his 10th album, the actor, writer, producer and director is in talks with distributor New Line Cinema to close out the Friday franchise with final instalment Last Friday.

"We're trying to get it done," he says. "New Line

has really been neutered by Time Warner, so they can't do as many movies as they usually do per year. So it's just a fight to get Last Friday on their schedule. They only got three or four movies to do a year, and urban comedy is probably low on the totem pole."

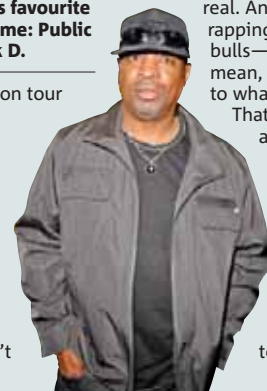
Public preference

Ice isn't shy about revealing who his favourite emcee on the tour is. That's because it's his favourite rapper of all-time: Public Enemy's Chuck D.

- "It's like being on tour with your big brother," Cube says. "He's just one of those dudes who — pound for pound, lyric for lyric — has done the most out of any emcee, because he ain't

just rapping no bulls—.

• "It's something real. And even when rapping about bulls— is popular, I mean, he still stick to what he do. That's great. For artists like myself, and him being one of my peers and me really looking up to Chuck, it's good that he sticks to the script."



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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

At least Kanye and Kim's daughter has some direction



THE WORD

Dorothy Robinson
scene@metronews.ca

So there is an actual sane reasoning behind Kanye West and Kim Kardashian naming their daughter North West.

A report from TMZ says that Kim and Kanye believe North is "their highest point together as a couple... the pinnacle of the relationship... and they consider her their



'North Star.'

That is adorable. But didn't they factor West's last name into this decision?

That she is going to sound like a direction for her entire life?

Where is the explanation for that?



Justin Bieber

Lots of love between Biebs and his manager

Justin Bieber's slew of headline-grabbing antics reportedly have his longtime manager Scooter Braun considering desperate measures to fix the situation — like sending Bieber to rehab, according to Radar Online. "His partying is creating problems. Scooter is very worried about him," a source says.

"Scooter wants him to go to rehab to get his act together. Justin needs to get away from the bad influences in his life." Looking to combat rumours that there might be any tension between them, Bieber and Braun posted an Instagram video of them embracing to the strains of I Will Always Love You.

Twitter



@Pink

I reply to mean people sometimes because it makes me laugh. I like to show the ridiculousness of it all. All is well. Love is bigger.



@kirstiealley

this reminds me of when I was a cocaine addict but used to call my Dr. before I took certain vitamins



@TheRealNimoy

Alaska. First time here since 1972. Great people. Amazing state.



Independence Day sequel won't have Will Smith

Nearly 20 years after its blockbuster release, Independence Day is officially getting a sequel — but Will Smith won't be in it, according to the New York Daily News. Director Roland Emmerich says the followup to the 1996 alien invasion hit will make its way to theatres in the summer of 2015 but without the original film's star. "Will Smith cannot come back because he's too expensive, but



Will Smith

he'd also be too much of a mar-quee name," Emmerich says.

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Solving beach-body blahs

Tony Martinez, Britney Spears' trainer, offers five super simple moves to help you fix some common issues

ROMINA MCGUINNESS



My thighs touch and get sandy, giving me a rash.

Do side-to-side lunges

Get into it: Stand with your feet parallel and hip-width apart. Lean to the right side, touch your ankle for 1 second and come right back up. Now lean to the left, touch your ankle and come back up. Do 10 reps, two to three sets, two to three times a week. Have no more than a 15-second rest between each set.

Benefits: This move will help shape, tone and tighten the inner and outer thighs as well as the hips and glutes.



My arms jiggle.

Do a one-arm bicep curl followed by a one-arm tricep kickback

Get into it: Grab a resistance band. Stand with your legs hip-width apart. Stand on one end of the band with your right foot and grab the other end with your right hand. Place that hand on your thigh. Lift your left leg off the ground so that you're balancing on the right leg. Turn your right wrist in and curl your hand in toward your right shoulder. Now bend your knee 30 degrees and bring your right arm back, almost like you're swinging a hammer behind you. Bring yourself back to standing. Repeat on the left side. Do 10 reps on each side, two to three sets, two to three times a week.

Benefits: This shapes and strengthens the bicep and tricep muscles, making your arms look lean.



I have a tummy roll and back fat

Do side-to-side mountain climbers

Get into it: Start off in plank (elbows and knees on the ground, hands locked together. Straighten your legs and raise your body, using the balls of your feet for support and keeping your legs hip-distance apart). Bring your right knee to your left elbow, go back and immediately switch sides, bringing your left knee to your right elbow. Staying in plank, shuffle to the left and repeat the exercise. Now shuffle to the right and repeat. Do 10 reps, two to three sets, two to three times a week.

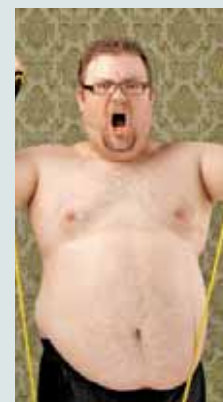
Benefits: Crunches work the core, but add an element of cardio to your strength training, to shave off fat.

I have a flat, saggy bum.

Do bear crawl butt squeezes

Get into it: When we walk, we always go forward. So let's try going backwards. Get yourself in a push up position. Lift the right leg up and, pulse it five times. Now take two steps (or hops) back. Pulse that leg five more times and once again, step or hop back two steps. Do five sets of five pulses (hopping/stepping back between each series of pulses) before switching to the left side. Do 10 reps (five on each leg), three sets, two to three times a week.

Benefits: This will firm and tighten your bum by firing up your glutes.



Man boobs

Do chest presses

Get into it: Grab a resistance band. Fix it under a door. Hold the band with both hands, holding your arms up in a 'W' position. Balancing on your right leg only (you want to stand in a flamingo position), bring your right arm out at a 45-degree angle and then bring it back in. Switch sides. Do 15 reps, two to three sets, two to three times a week.

Benefits: No man boobs.

Smart nutrition

What to eat

If you want to lose a few pounds fast, lower your portion size and include protein. "Protein makes you feel fuller and helps you generate lean muscle mass," explains Martinez.

The next stage in my life

At 44, I thought I was a bit young to be going through menopause, but 2012 turned out to be the beginning of the next stage in my life. My periods were erratic. Some months nothing and others I had 2. Most of the time I didn't know when they were coming, or how heavy they would be. Then finally nothing.

I decided to get my blood checked, which confirmed that my hormone levels had changed and the "big M" had started. Then the sweats began – up to 20 a day. I was exhausted, felt run down and wasn't eating properly. A friend recommended A.Vogel Menopause. She told me that it would take a while before I would feel better but to stick with it.

Well, 3 weeks later, I'm a different woman. I'm down to 2-3 sweats a day and I feel so much better, more energetic and better rested.

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Waist reducing diets aren't always what they purport to be. ISTOCK PHOTOS

The skinny on fad diets

Health issues. Every weight loss method has a pro and con

MEREDITH ENGEL
Metro World News

Fad diets come and go.

We got to the bottom of a few of them. Here is what we learned.

The alkaline diet

What it is Remember the pH scale from chemistry? Proponents of the alkaline diet say that we should eat to keep our bodies' pH level more alkaline than not in order to prevent illness and weight gain. People on it go without grains, fish, meat, poultry, dairy and salt, and load up on fruits, green veggies, soy, lentils, seeds and nuts.

Pro

"Our bodies function best when in an alkaline state," says Vicki Edgson, nutritional therapist and author

Need to know tip

The only weight loss advice you'll ever need going forward.

- **Quote.** "When you need to lose weight, it's a matter of cutting back on calories, expending more than you take in and going at a slow and steady

pace," Blake says. "If you need to lose weight, set your goal for losing for 10 per cent of your body weight over six months. It takes into (account) where you're starting at; somebody losing 100 pounds is gonna be able to do it a little faster."

of Eating the Alkaline Way. She says eating alkaline helps counter constipation, skin problems, heart disease and a host of other problems.

Con

"I'm promoting the healthiest, most real foods — so if you're eating that way, chances are the acidity of your body will fall into the right place," says Keri Glassman, author of The New You and Improved Diet.

The 5:2 Bikini Diet

What it is Get a hot bod by cutting calories two days a week

(women eat 500 calories per day, men eat 600).

Pro

"By eating only 500 calories two days a week you will not only get bikini-ready in no time and lose up to 14 pounds in four weeks, but you'll also dramatically lower the risk of age-related illnesses," says the book's author, Jacqueline Whitehart.

Con

"The first red flag whenever you hear about any fad diet is if it purports a quick fix," counters Joan Salge Blake, a clinical associate professor of nutrition at Boston University.

"There's no way you can safely lose a tremendous amount of weight in a short amount of time."

The blood type diet

What it is

Your blood type is thought to have an impact on your digestive system — some fare better on plant-based or low-carb diets, for example.

Pro

"If, God forbid, you go to the hospital and you get the wrong blood type, you have a major problem," says JB Berns, who created the Blood Type Workout.

"On that level, (though) less intense, if you don't eat the correct foods, nor exercise the correct way, you're not gonna yield as good results."

Con

"The foods suggested are healthy; however ... any diet that promotes restricting food groups will be hard to sustain in the long run," says author of The Small Change Diet Keri Gans.

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Screen your sun protection options

Select the right sun protector to suit your summer sojourn.

RICHARD PECKETT
life@metronews.ca



The water baby

Are you intending to spend your summer submerged in the sea? Then take heed of the old adage, "Water water everywhere but not a drop to drink." The saying rings true for your hair and skin, too. Salt and chlorine can strip your skin of much-needed moisture, leaving your body feeling parched. The chelator, babassu and tamanu oils in Aveda's Sun Care Hair and Body Cleanser help remove water nasties, while restoring and protecting moisture balance.

**AVEDA SUN CARE
HAIR AND BODY CLEANSER**
\$21, AVEDA.COM

The adventurer

If you're the kind of chap who likes to feel the burn (muscles not skin) during your summer hols, this product is for you. Unlike conventional SPF creams, which tend to streak away while you sweat, Kiehl's Cross-Terrain Face Protector has a solid beeswax texture designed to sink into skin, to keep wind and sun damage at bay.



**KIEHL'S CROSS-TERRAIN
FACE PROTECTOR SPF50**
\$26, KIEHLS.COM

City break

The Anthony Natural Advanced Formula Lip Balm is a matte balm (no girly lip gloss effect, here) with antioxidant properties that nourish lips and stevia, a natural sweetener that freshens your breath — ideal if you're heading to some bustling urban bars.



**ANTHONY NATURAL
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\$8, ANTHONY.COM

Beach boy

While there can be no greater pleasure than a nice long lie-down in the sun, punctuated with a cooling dip in the sea, it does have its obvious dangers. Shiseido's Ultimate Sun Protection Lotion+ SPF 50 claims to prevent sun spots by shielding the inner cells and DNA. On top of that, it's also water-resistant for 80 minutes, meaning fewer re-applications.



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1. Pre-heat barbecue to high. Place pork on plate, cover with plastic wrap and let sit 20 mins.

2. Meanwhile, drain water from wood chips. Place soaked wood chips on 2-ft (.60 metres) piece of heavy duty foil. Wrap to make packet; with tip of knife, poke 8 holes. Place on rocks in barbecue; close lid and let smoke develop, 15 mins.

3. Brush tenderloins with oil; season with salt, pepper. Lower heat to medium. Grill covered, rotating pork on all 4 sides, until juices run clear when pork is pierced and just a hint of pink remains, about 25 mins or until meat thermometer registers 165 F (74 C). Remove to clean plate, loosely cover with foil; let rest before slicing.

4. Fontina Cheese Sauce: Pre-heat saucepan to medium-low heat. Add 3 tbsp (45 ml) butter and garlic; sauté 4 mins. or until golden brown. Add wine, 4 basil leaves and bay leaf; increase heat to medium-high



This recipe serves eight to 10 people. DAIRY FARMERS OF CANADA

and cook until reduced to 1/2 cup (125 ml), about 20 mins.

5. Stir in cream, honey, mustard, pepper, salt and nutmeg; reduce heat to medium and cook, stirring 15 mins. or until sauce coats the back of a spoon.

6. With wooden spoon, stir in cheese; lower heat to low.

Cook stirring until the cheese is melted. Remove from heat and cool for 5 mins. Remove and discard bay leaf. In a blender, purée sauce along with the remaining 1/2 cup (125 ml) of basil, until smooth.

7. Serve sliced smoked pork with the creamy Fontina cheese sauce. **CHEF RICHARD JULIEN/**

Ingredients

- 2 pork tenderloins, trimmed of any silver skin, about 1 lb (500 grams) each
- 2 cups (500 ml) apple wood smoking chips (soaked in water for at least 1 hr)
- 2 tsp (10 ml) vegetable oil
- kosher salt and pepper
- Fontina Cheese Sauce**
- 3 tbsp (45 ml) butter
- 6 cloves garlic, minced
- 2 cups (500 ml) white wine
- 4 basil leaves, plus 1/2 cup (125 ml) packed, divided
- 1 bay leaf
- 1 1/2 cups (375 ml) 35% whipping cream
- 2 tbsp (30 ml) liquid honey
- 1 tbsp (15 ml) Dijon mustard
- 2 tsp (10 ml) fresh cracked black peppercorns
- 1 tsp (5 ml) kosher salt
- 1/4 tsp (1 ml) ground nutmeg
- 1 cup (250 ml) grated Canadian Fontina, smoked Gouda or Oka cheese

DAIRY FARMERS OF CANADA

Health Solutions

Sumac: Not just for shade



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

You get a flat tire on your way up to the cottage so you pull over, call for help and sit under a sumac.

Don't just sit there, do something! Ripe red sumac is one of the healthiest wild plants in the country. You are sitting under it for shade, you may as well sample.

Never gather white drupes (the clusters that look a bit grape like). You want the ripe berry red ones.

• Use them to make a drink called "sumac-ade," "Indian lemonade" or

"rhus juice." It is a very lemony beverage made by soaking the drupes in cool water, rubbing them to extract the flavour and then straining the liquid through a cotton cloth. Some like to stir in a bit of sugar or honey to sweeten.

• Sprinkle some of the lemony liquid in salads for added ORAC. (The measurement of anti-oxidant power in foods is called Oxygen Radical Absorbency Capacity or ORAC.)

• Dry them in the sun and grind them into a spice as in Middle Eastern cuisine.



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM

Distribution Auditor (part time)

Who We Are: Metro is Canada's most-read national daily newspaper brand. Metro targets YAMs (youthful, active metropolitans) and reaches more than 1.6 million readers daily and 3.9 million over the course of a week. Metro launched in Canada in Toronto in 2000 and in the spring of 2012, we launched in 6 new cities. In short – we're still growing!

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- Work with distribution teams to ensure proper delivery of publication
- Engage with our Metro dealers to provide the best delivery options
- Provide solutions and options for managing all our newspaper pick up points

REQUIREMENTS OF THE POSITION:

- Organized, detail oriented, and computer savvy
- Familiar with the City of Calgary
- Presentable, confident and articulate
- Able to work flexible hours
- Valid Class 5 driver license and reliable vehicle is a must

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than July 10, 2013. PLEASE QUOTE: "Distribution Auditor (Part Time) - Calgary" in the subject line. All submissions will be treated as confidential.

metro

Dinner. Creamy 'Tandoori' Style Shrimp



1. In bowl, whisk cream, yogurt, cilantro, mint, garlic, lemon zest and juice, coriander, paprika, cumin, ginger root, tomato paste, cinnamon, pepper and salt. Reserve 1/4 cup (60 ml); cover and refrigerate.

2. Pat shrimp dry with paper towel; add to marinade and toss to coat well. Cover and refrigerate for up to 6 hours.

3. Preheat grill to medium-high heat. Remove shrimp from marinade. Place on greased grill over medium-high heat; close lid and grill, turning once, until

pink, 6 minutes. Place in bowl; stir in reserved marinade. Serve garnished with green onions

and lime wedges.

CHEF MICHAEL ALLEMEIER/ DAIRY FARMERS OF CANADA

Ingredients

- 1 cup (250 ml) 35% whipping cream
- 1/2 cup (125 ml) plain yogurt
- 1/4 cup (60 ml) each, chopped cilantro and mint
- 2 cloves garlic, minced
- Finely grated zest and juice of 1 lemon
- 2 tbsp (30 ml) each, ground coriander and paprika
- 1 tsp (15 ml) ground cumin
- 1 tsp (15 ml) finely chopped ginger root
- 1 tsp (5 ml) tomato paste
- 1/2 tsp (2 ml) each, ground cinnamon, pepper and salt
- 1 lb (500 g) 16 to 20 shrimp, shelled and deveined
- 2 green onions, thinly sliced
- 1 lime, cut into wedges

World's eligible elite

There is still hope for those longing for a royal romance, as today's young and eligible aristocracy are mingling with the rest of us
METRO

ALL PHOTOS GETTY



The Designer

Princess Sirivannavari Nariratana of Thailand
Sirivannavari is the 26-year-old granddaughter of the reigning King of Thailand Bhumibol Adulyadej.
Family fortune: \$30B
Interest: Badminton. Siri took home a gold medal in the 2006 Southeast Asian Games.
Likely haunt: The Grand Palais — venue for Paris fashion week.



The Party Boy

Prince Azim of Brunei
Azim, 30, loves lavish parties. His 2009 b-day party was dubbed party of the year, with guests including Janet Jackson, Mariah Carey and Sophia Loren.
Family fortune: \$5B
Interest: Designing bags. Azim has made unisex bags for luxury leather goods group MCM.
Likely haunt: Stapleford Park country house hotel, England — his party venue.



The Actress

Princess Theodora of Denmark and Greece.
Daughter of deposed Greek King Constantine II and Anne-Marie of Denmark, the 30-year-old is a bubbly blond who's hoping to crack Hollywood.
Family fortune: \$15M
Interest: Acting. Theodora also enjoys hanging out with La-la Land's social and cultural elite.
Likely haunt: CBS Studios, L.A. — where The Bold and the Beautiful is made.



The Army Man

Prince Harry of Wales
Harry may have once worn a Nazi Youth outfit at a party and he was photographed naked in Las Vegas, but he's a loyal soldier who fought in Afghanistan.
Family fortune: \$42.5M
Interest: Polo. Harry loves to show off his talent at charity polo matches.
Likely haunt: Mahiki nightclub in London's swanky Mayfair district.



The Fashion Writer

Elisabeth von Thurn und Taxis
Genteel socialite-cum-fashion blogger Elisabeth of the German Thurn und Taxis House has the princely role of style editor at large at Vogue.
Family fortune: \$2.3B
Interest: Writing. And her ancestors are even credited with inventing Europe's postal service.
Likely haunt: The Beatrice Inn — celebrity hangout in Manhattan.



The Businessman

Prince Lorenzo Borghese
The 40-year-old is a shrewd businessman, leading a luxury cosmetics line for pets. He also starred as the featured single man on U.S. dating TV show The Bachelor.
Family fortune: \$50M
Interest: Animals. Lorenzo loves to bathe pets with pricey organic products from Italy.
Likely haunt: Royal Pet Club — his company based in Bernardsville, New Jersey.

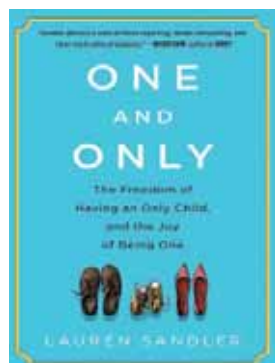
The one and only! No siblings? No problems

Non-fiction. Those stereotypes of only children are totally untrue, says author Lauren Sandler

DOROTHY ROBINSON
Metro World News from New York City

Pity the poor only child. The eldest child is never stereotyped as spoiled; the youngest is never pigeonholed as maladjusted or lonely. Forget giving birth to a small army — it is when you say you are only having one child that eyebrows get raised.

Lauren Sandler is on a mission to change these misconceptions of onlies with her new book, *One and Only: The Freedom of Having an Only Child, and the Joy of Being One*. Sandler, who is an only child and has an only child herself, found herself being a de facto proponent of stopping after one.



"One day, I got an email from a friend that said, 'I'm pregnant with my second child, and I know how you feel about this.' And I thought, 'I don't know how I feel,'" recalls Sandler, a journalist who writes on cultural politics and women's issues. "Her comment sat with me in a funny way. Then, when I had my child and I was wrestling with what it would mean to not have another, I decided to report it out, like I do for everything."

What Sandler found was

"stunning": "Hundreds of studies over decades found that our stereotype of lonely children is totally untrue," she says.

Filled with in-depth reporting (with some wry motherhood observations thrown in), *One and Only* lays it out there: If you decide to only have one child, you aren't "ruining" that child by deciding not to give him or her a brother or sister. You may just create a happier family life because of it.

Sandler is quick to note that she's not saying that having one is the best choice; only that it is a valid choice, and one that parents don't think they can make without seeming selfish or withholding.

"If most people have their first kid for them, and their second kid for their first kid — which is what polls have consistently told us they do — what would it mean if they didn't feel like they had to?" she asks. "Don't have another kid just because you think you're gonna avoid screwing up your first kid if you do."

The good news for onlies

Research. In 500 studies over the past several decades, examining 16 traits including leadership, maturity, extraversion, social participation, peer popularity, generosity, co-operative-ness, flexibility, emotional stability and contentment, only children do just as well as siblings.

Motherhood takes some juggling:

- Each child adds no less than 120 hours of housework a year.
- Women devote about 13 hours a week to childcare, up from about 10.5 hours nearly a half century ago. Meanwhile, the American work week has increased by 13 hours.

- A single child decreases a mother's employment by about eight hours a week. A second child leads to a further reduction of about 12 hours (to a total of 20).

- Sixty per cent of men say they struggle with the demands of work and family.

The financial reality:

- A child born in 2011 will cost an average of \$235,000 to raise to age 18.



Author and only child Lauren Sandler with her one-child family.
AP PHOTO/COURTESY OF LAUREN SANDLER

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BRUSH UP ON DENTAL HEALTH

We make sure to brush our teeth daily — but how about our dogs?

“Dental care is important for dogs — at least 85 per cent of pets experience periodontal (gum) disease,” says Dr. Sharon French, a veterinary dentist at the Veterinary Emergency Clinics in Toronto and a Fellow of the Academy of Veterinary Dentistry. “They suffer in silence and, often, we don’t realize they are in pain until it becomes a very big problem.”

“The classic signs of oral disease are a reluctance to chew hard things, chewing treats or dry food more slowly, bad breath, drooling, a reluctance to yawn, pawing at the mouth and, sometimes, weight loss.”

One good way to ensure your dog’s mouth stays healthy is daily brushing. Occasional brushing is actually counter-productive because “it smoothes tarter, making it more difficult to remove. And if your dog’s mouth is sore, it will make him reluctant to have his teeth brushed,” French says.

Also, regular veterinary checkups will ensure that your dog’s mouth is healthy.

Even if you brush your dog’s teeth regularly, your vet may recommend scaling under anaesthesia to properly and effectively clean all the teeth. Like humans, dogs occasionally need professional cleaning for their teeth. Unlike humans, however, it isn’t possible to do the job properly without anaesthesia.

“While it may be possible to remove some tartar buildup on the outside surfaces, it isn’t possible to effectively clean and polish areas below the gum line or on the inside of the teeth,” French says. “And pet owners shouldn’t try and scale the teeth themselves. Besides possibly injuring your dog, without polishing, scaling can leave grooves for tartar to build up more quickly.”

There are foods, mouthwashes, treats, brushes and toothpaste designed to help keep your dog’s teeth clean and gums healthy. Depending on your dog’s oral health, general health and personality (i.e., whether it squirms or relaxes when you attempt to brush), your vet can recommend the right products to help you keep your dog’s teeth and gums healthy and its breath fresh.



STOCKLITE/VEER

DOGS CAN, AND WILL, EAT ANYTHING AROUND

Most dogs love to eat — but what they eat may sometimes seem a little odd to their human caregivers.

Here is a quick summary of what it means when your dog eats the following:

GRASS

“Especially in spring and summer when the grass is fresh, grass tastes good to dogs,” says Dr. Barb Bryer, head of emergency at the Veterinary Emergency Clinics in Toronto. Usually this is pretty safe, unless the grass has recently been sprayed with a chemical like a pesticide.

“Sometimes if the grass doesn’t agree with a dog, she’ll throw it up. And, sometimes, dogs eat grass when they feel nauseous to promote vomiting.”

In summation, if your dog loves grass, that’s fine. If its reaction to eating grass is to vomit, that’s probably OK. But if it



AVAVA/VEER

continues, better see your vet.

GARBAGE

In summer, garbage rots faster and smells particularly strong — this attracts dogs to eat garbage even more. Coffee grounds,

onions, garlic, chocolate, plastic and bones are just a few of the harmful things that can make your dog sick.

“Gastroenteritis — diarrhea and vomiting — is a common side-effect of eating garbage,” Bryer says. “Also, mould from

garbage can have toxins that can cause dogs to have tremors or even seizures.”

TABLE SCRAPS

Most dogs love to eat food off your table.

“Dogs like the taste and the variety — but they also see table scraps as treats because of the manner in which we give them,” Bryer says.

This can lead to bad habits and it may be unhealthy for your dog, based on its age, weight and health considerations.

WHAT ABOUT PICKY EATERS?

Like humans, some dogs are just finicky when it comes to food. Some dogs are not gobblers, but grazers. If that’s the case with your dog, it is nothing to worry about.

However, if your dog suddenly goes off food, this can be a signal of a health or dental issue. See your veterinarian.

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SHINING A LIGHT
ON GREAT INNOVATION

AVAILABLE AT  **TARGET**

Clear out, clean up and make some money – a very appealing prospect!



Create extra space and make a few bucks with a yard sale. ISTOCK IMAGES



YOUR MONEY
Alison Griffiths
money@metronews.ca

Whether you call it a yard, junk or garage sale, the aim is to pad the pocketbook while creating badly needed space in your home. Summer is a great time to capture all those garage sale lovers, but you have to do it right or you'll spend tons of time with little to show for it.

Here are some tips to ensure your pop-up shop on the curb is a success.

1. Advertise it

Tacking a sign on a nearby telephone pole just won't cut it any more.

Craigslist, Kijiji, Facebook and the local newspapers are all good options. Make sure any signs are legible with a directional arrow. One person posted about her very successful sale and noted she put well-

lit pictures on Instagram. This is especially valuable for furniture, which can be a hard sell curbside.

Certain key words draw the weekend bargain shopper such as antique, mid-century, jewelry, high end and collectible. Other desired items include baby things, quality toys and sports equipment.

Avoid long weekends, if you can, as towns and cities often empty out for the duration.

2. Stage it

A dreary layout of old clothes on the lawn and toys scattered along the driveway are hardly a draw. If your offerings look sad, messy and cheap you won't attract flies. Organize by theme so people don't have to pick through all the household stuff when they are looking for sports equipment.

Place desirable and easily seen items, such as furniture or large funky collectibles, closest to the road. And don't ignore

colour. Cheerful and bright will appeal. At the very least, shell out for some colourful balloons.

3. Clean it

Items will move quicker if they are clean. People might buy dusty teacups, but dirty clothes and rusty tools are a different matter.

4. Price well

Start with 40 per cent of retail for like-new and 20 to 25 per cent for well-used. Include the original price if you can.

5. Use bait

Include (and advertise) a free pile and if yours seems insignificant let the neighbours know. It'll save them gas money driving to Goodwill. Place the pile, marked by balloons in a visible location.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Laugh in the face of volatility with these tips

Ask any financial advisor and they'll tell you that it's never too early to create a solid financial plan, regardless of whether you're in your 20s, 30s, or even 40s.

The idea is to set the plan in motion. But after the market instability of the last several years, many people remain uneasy. What's the best way to give your money a chance to grow?

The experts from Desjardins Group suggest that while there are risks associated with investing, they are manageable if you know how to overcome potential setbacks.

What's your biggest risk? Volatility

This is caused by market fluctuations. For example,

volatility is caused when prices on the market swing high and then low in quick succession.

During these periods, the strong upturns followed by strong downturns sometimes lead to short-term gains or losses in your investments.

By talking to a qualified financial advisor, you can identify your risk tolerance and invest in suitable financial products that will grow your capital even in periods of high volatility.

Setting your priorities

Start by being honest with yourself. Are you carrying too much debt? Would you have cash on hand in case of emergency? Having the full picture of your financial



It's time to create a solid financial plan. ISTOCK IMAGES

situation will put you in a better position to achieve your goals.

Become a super-saver

Get into the habit of forcing yourself to save. While

this takes discipline at first, you'll appreciate the effort you put in when an emergency arises like an illness, accident or a job loss. Usually, a good emergency fund is the equivalent of three months' worth of living expenses.

Begin by saving the equivalent of one month's groceries. With each paycheck, put aside one to 10 per cent into a separate account — like a TFSA.

And remember: it's more important that you're saving than the total amount that you're saving each month.

Time's on your side

The impact of volatility on your savings depends on your investment horizon. In other words: the longer

you have to invest, the more likely you'll be protected from market shifts, which will allow you to save more.

So it's important to stay on course — no matter what the market is doing. With proper planning, you have reasonable assurance that you can achieve your goals over the target period, despite occasional market downturns.

Diversification

Basically, it's all about making sure that your investments are well balanced to protect yourself against volatility.

With an advisor's help, look into savings products that offer protection against volatility.

NEWS CANADA

What would you do without debt?

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Aaron Hernandez

Officers don wetsuits in search near Pats TE's home

Police again searched the area near the home of New England Patriots tight end Aaron Hernandez, a week after his friend's body was found about a mile away.

Some police officers wore wetsuits Monday while searching woods near Hernandez's home, not far from the industrial park where Odin Lloyd's body was found.

Lloyd, a 27-year-old semi-pro football player for the Boston Bandits, was found slain June 17. His relatives said he was dating the sister of Hernandez's fiancée, that the two men were friends and that both men were out together on the last night of Lloyd's life.

THE ASSOCIATED PRESS

NHL

Roy tells ESPN MacKinnon's the Avalanche's guy

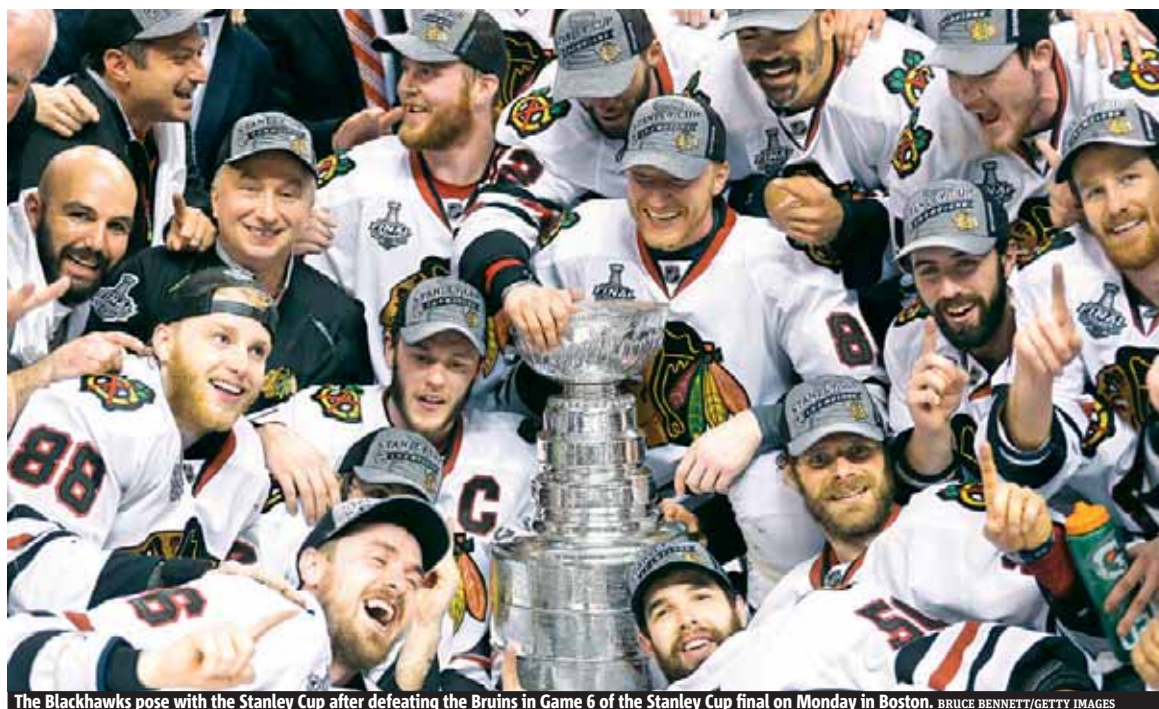
It's appearing more and more likely that Nathan MacKinnon will be the Colorado Avalanche's top pick in Sunday's NHL draft.

A week after Joe Sakic, the team's executive vice president, said they would pick a forward with the top pick, Colorado head coach Patrick Roy told ESPN The Magazine the Avalanche would be taking MacKinnon if they keep the No. 1 selection.

"It would be tough for us not to take MacKinnon," Roy told ESPN. "MacKinnon is ready to play tomorrow."

Roy also didn't rule out Colorado trading the pick.

METRO IN HALIFAX



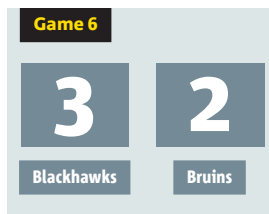
The Blackhawks pose with the Stanley Cup after defeating the Bruins in Game 6 of the Stanley Cup final on Monday in Boston. BRUCE BENNETT/GETTY IMAGES

Blackhawks shock Bruins to clinch cup

NHL. Pair of goals in dying minutes gives Chicago second championship in 4 years

Bryan Bickell and Dave Bolland scored goals 17 seconds apart late in the third period Monday as the Chicago Blackhawks won the Stanley Cup in dramatic fashion with an amazing 3-2 last-minute comeback victory over the Boston Bruins in Game 6.

Milan Lucic's third-period



goal had seemed to give the Bruins a 2-1 victory and a new lease on life in the final.

But with Chicago goalie Corey Crawford out for an extra attacker, Bickell scored at 18:44 after the Bruins failed to get the

puck out of their zone.

Bolland then put the Blackhawks ahead at 19:01, stunning the Bruins and the previously raucous crowd at TD Garden.

Jonathan Toews, reduced to a spectator in the final minutes of Game 5, added a goal and an assist for Chicago as the Blackhawks clawed their way back into the game. The captain was the first to hoist the cup as his teammates jumped up and down.

Crawford finished with 23 saves in the victory that marked Chicago's fifth championship and second in four years.

"That team in 2010, we didn't really know what we were doing," Toews said. "We played great hockey, and we were kind of oblivious to how good we were playing. This time around we know definitely how much work it takes and how much sacrifice it takes to get back here, and this is an unbelievable group."

"We've been through a lot together this year, and this is a sweet way to finish it off."

Chris Kelly had the other goal for Boston, while Tuukka Rask made 28 saves.

THE CANADIAN PRESS

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4 SPORTS

Rays sever Blue Jays' record-pace streak at 11 games

MLB. Tampa's rookie standout steals spotlight from Toronto, earning standing ovation

The Tampa Bay Rays believe they have a star in the making in Wil Myers.

The rookie homered in his home debut Monday night, continuing an impressive first week in the majors and helping Jeremy Hellickson beat the Blue Jays 4-1 to end Toronto's 11-game winning streak.

"He's very comfortable," Rays manager Joe Maddon said about Myers. "He's not overwhelmed whatsoever."

The 22-year-old outfielder hit the second of three straight Tampa Bay homers in the second inning, connecting in



Wil Myers THE ASSOCIATED PRESS

his first at-bat at Tropicana Field.

Myers received a standing ovation and took a curtain call for a crowd of 11,407 getting its initial close-up view of the key acquisition in the off-season trade that sent pitchers James

Shields and Wade Davis to Kansas City.

"I wasn't sure what really to do but everyone kept cheering so I thought that might be my cue to go out there," Myers said.

A night after scoring a season-high 13 runs at home to complete a three-game sweep of Baltimore, the Blue Jays were limited to four singles and five walks. They came up short in their bid to extend the longest winning streak in the majors since Detroit won 12 straight in 2011.

Hellickson (6-3) gave up J.P. Arenecibia's single, walked four and struck out four. He allowed only one runner past first base — in the second inning, when Colby Rasmus walked and moved to third when Arenecibia followed with his hit to centre field. **THE ASSOCIATED PRESS**



Paid the cost to be the Bosh

Chris Bosh of the Miami Heat holds the NBA championship trophy as he rides a float during the victory parade on Monday in Miami, after defeating the San Antonio Spurs in the NBA Finals. LeBron James stood atop a double-decker bus with a cigar in his mouth; Shane Battier blew kisses to the crowd; Dwyane Wade raised three fingers aloft; and Chris Andersen flapped his arms in a nod to his "Birdman" moniker. An estimated crowd of 400,000 turned out on a hot, steamy morning where the heat index reached around 35 C near midday.

MARC SEROTA/GETTY IMAGES

Wimbledon

Nadal makes no excuses after Day 1 upset

In one of Wimbledon's greatest upsets, an ailing Rafael Nadal was knocked out in straight sets Monday by a player ranked 135th — the Spaniard's first loss in the opening round of a Grand Slam event.

Steve Darcis of Belgium stunned the two-time champion 7-6 (4), 7-6 (8), 6-4. He ended Nadal's 22-match winning streak on the very first day. Nadal was sidelined for seven months with a left knee injury after losing in the second round of Wimbledon last year.

THE ASSOCIATED PRESS



Rafael Nadal rests between sets. THE ASSOCIATED PRESS

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MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	45	33	.577	—
New York	41	34	.547	2½
Baltimore	42	35	.545	2½
Tampa Bay	40	37	.519	4½
Toronto	38	37	.507	5½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	42	32	.568	—
Cleveland	39	36	.529	3½
Kansas City	35	38	.479	6½
Minnesota	34	38	.472	7
Chicago	31	42	.425	10½

WEST DIVISION

	W	L	Pct	GB
Texas	44	32	.579	—
Oakland	44	34	.564	1
Seattle	34	43	.442	10½
Los Angeles	33	43	.434	11
Houston	29	48	.377	15½

Monday's results

Tampa Bay 4 Toronto 1
Cleveland 5 Baltimore 2

Sunday's results

Toronto 13 Baltimore 5
Detroit 7 Boston 5
Kansas City 7 Chicago White Sox 6
Minnesota 5 Cleveland 3
Pittsburgh 10 L.A. Angels 9 (10 innings)
Seattle 6 Oakland 3 (10 innings)
Tampa Bay 3 N.Y. Yankees 1

Tuesday's games — All Times Eastern

Cleveland (Masterson 9-5) at Baltimore (Tillman 8-2), 7:05 p.m.
Texas (Darvish 7-3) at N.Y. Yankees (Kuroda 7-5), 7:05 p.m.
L.A. Angels (Wilson 6-5) at Detroit (Porcello 4-4), 7:08 p.m.
Colorado (Nicasio 4-3) at Boston (Dempster 4-8), 7:10 p.m.
Toronto (Buehrle 4-4) at Tampa Bay (Moore 9-3), 7:10 p.m.
N.Y. Mets (Wheeler 1-0) at Chicago White Sox (Sale 5-6), 8:10 p.m.
St. Louis (Westbrook 3-2) at Houston (Bedard 2-3), 8:10 p.m.
Atlanta (Medlen 4-7) at Kansas City (Santana 5-5), 8:10 p.m.
Cincinnati (Arroyo 6-5) at Oakland (Milone 6-7), 10:05 p.m.
Pittsburgh (Locke 6-1) at Seattle (Saunders 5-7), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	44	33	.571	—
Washington	37	38	.493	6
Philadelphia	36	40	.474	7½
New York	30	42	.417	11½
Miami	25	50	.333	18

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	47	29	.618	—
Pittsburgh	46	30	.605	1
Cincinnati	45	32	.584	2½
Chicago	31	43	.419	15
Milwaukee	31	43	.419	15

WEST DIVISION

	W	L	Pct	GB
Arizona	41	34	.547	—
San Francisco	38	37	.507	3
Colorado	39	38	.506	3
San Diego	38	38	.500	3½
Los Angeles	32	42	.432	8½

Monday's results

Philadelphia at San Diego
San Francisco at L.A. Dodgers

Sunday's results

Atlanta 7 Milwaukee 4
Chicago Cubs 14 Houston 6
Cincinnati 4 Arizona 2
Colorado 7 Washington 6
L.A. Dodgers 3 San Diego 1
Miami 7 San Francisco 2
N.Y. Mets 8 Philadelphia 0
Texas 2 St. Louis 1

Tuesday's games — All Times Eastern

Arizona (Cahill 3-8) at Washington (Gonzalez 3-3), 7:05 p.m.
Minnesota (Correia 6-4) at Miami (Fernandez 4-4), 7:10 p.m.
Chicago Cubs (Jackson 3-9) at Milwaukee (Lohse 2-6), 8:10 p.m.
Philadelphia (Kendrick 6-4) at San Diego (Marquis 9-2), 10:10 p.m.
San Francisco (Kisham 0-1) at L.A. Dodgers (Fife 1-2), 10:10 p.m.

CALENDAR

July 12 — Deadline for 2013 amateur draft selections to sign.
July 16 — All-star Game, Citi Field, New York.
July 28 — Hall of Fame induction ceremony, Cooperstown, N.Y.

NHL PLAYOFFS

STANLEY CUP FINAL

(Best-of-7)

CHICAGO (W1) VS. BOSTON (E4)

(Chicago wins series 3-2)

Monday's result

Chicago 3 Boston 2

Saturday's result

Chicago 3 Boston 1

BLACKHAWKS 3, BRUINS 2

First Period

1. Boston, Kelly 2 (Seguin, Paille) 7:19

Penalties — Oduya Chi (hooking) 10:40,

Rozsival Chi (high-sticking) 18:25.

Second Period

2. Chicago, Toews 3, 4:24

Penalties — Shaw Chi (roughing) 2:24, Seabrook Chi (tripping) 5:12, Seguin Bos (hooking) 13:57.

Third Period

3. Boston, Lucic 7 (Krejci) 12:11

4. Chicago, Bickel 9 (Toews, Keith) 18:44

5. Chicago, Bolland 3 (Frolik, Oduya) 19:01

Penalty — Kelly Bos (high-sticking) 14:21.

Shots on goal by

Chicago 6 9 16-31

Boston 12 6 7-25

Goal — Chicago: Crawford (W, 16-7);

Boston: Rask (L, 14-8). **Power plays (goals-chances)** — Chicago: 0-2; Boston: 0-4.

Attendance — 17,565 at Boston.

RECENT CHAMPIONS

2012-13 — Chicago Blackhawks

2011-12 — Los Angeles Kings

2010-11 — Boston Bruins

2009-10 — Chicago Blackhawks

2008-09 — Pittsburgh Penguins

2007-08 — Detroit Red Wings

CFL

REGULAR SEASON

WEEK ONE

Thursday's game — All Times Eastern

Montreal at Winnipeg, 9 p.m.

Friday's games

Hamilton at Toronto, 7 p.m.

B.C. at Calgary, 10 p.m.

Saturday's game

Saskatchewan at Edmonton, 3:30 p.m.

Horoscopes

Aries

March 21 - April 20

A quick decision on your part could lead to unexpected gains today, so be decisive and don't worry if other people say you are taking too many risks. Maybe you are, but life would be dull without them.

Taurus

April 21 - May 21

Just because something worked well in the past does not mean it will work well in the future. In fact, now would be a good time to update your methods. You can afford to be adventurous today.

Gemini

May 22 - June 21

Do you stick with what you know or do you strike out in a new direction? You have never been one to be cautious and now, more than ever, you are inspired to be different.

Cancer

June 22 - July 23

Cancer is renowned for its caring nature and you will get no end of opportunities to show your concern over the next 24 hours. The world is a better place with you in it!

Leo

July 24 - Aug. 23

If you put your mind to it over the next two or three days, you can accomplish something that does your reputation a power of good. Those who were hoping to see you fail will be severely disappointed.

Virgo

Aug. 24 - Sept. 23

You cannot neglect your responsibilities. There are certain things that need to be done and it is your special duty to do them. In days, everyone will be singing your praises.

Libra

Sept. 24 - Oct. 23

This may be a tough time of year for you but there are numerous reasons you should be feeling confident that everything will work out OK. Jupiter, planet of luck, is about to play a big part in your life.

Scorpio

Oct. 24 - Nov. 22

Why are you taking the long way around when the direct approach would be quicker and more successful? Saturn in your sign strengthens your will to succeed but can make you too cautious. Cut corners today.

Sagittarius

Nov. 23 - Dec. 21

You need to be firm with someone who does not seem to care if they let you down. You may be easygoing by nature but that does not mean you have to let others take you for granted.

Capricorn

Dec. 22 - Jan. 20

A deal may be just what you are after but don't act too eager or you may find that those who have what you want make you pay a premium price for it. There is still plenty of room for negotiation.

Aquarius

Jan. 21 - Feb. 19

The most important thing today is that you are aware of the consequences of whatever action you choose to take. Once you make your choice it's unlikely you will get a chance to change it, so take your time.

Pisces

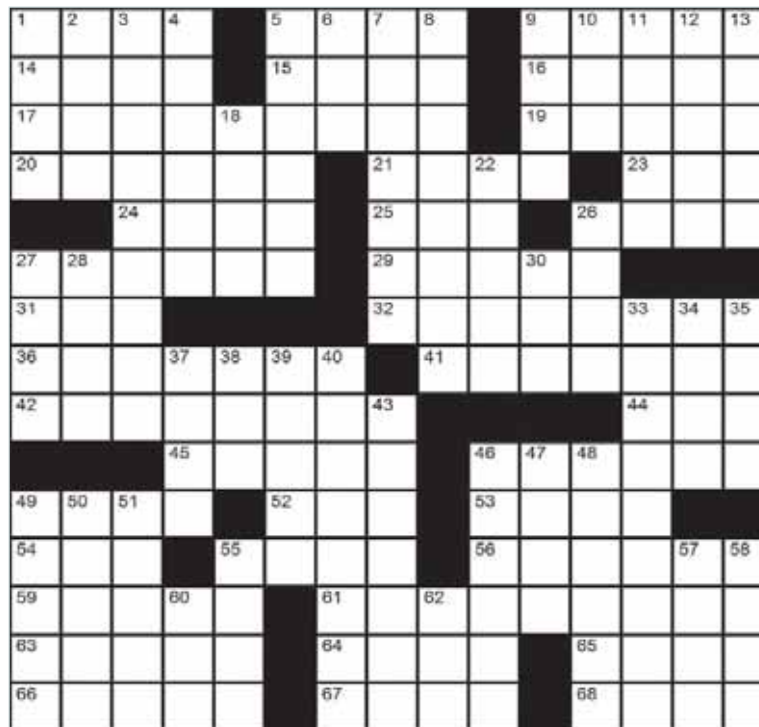
Feb. 20 - March 20

Make a point of doing something others would most likely not expect of you. It will remind the world not to take you for granted. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Quite
5. Be a street performer
9. 'G' of East Coast band GBS
14. Music to a joke-teller's ears
15. Feed the kitty, as in poker
16. Fix came-undone shoelaces
17. Travel plan
19. Radiate
20. Non-meat-eater's burger
21. Follow orders
23. Snug spot
24. "Ohio" by ____ Young
25. Curly's pal
26. "Guarding ____" (1994) starring Shirley MacLaine
27. Sundae topper
29. Surviving Bee Gees brother
31. Ad ____ committee
32. Guitarist in the Michael Jackson concert rehearsal footage in 2009
36. Did better competitively in the pool
41. Mark signifying fault
42. Drug dubbed Milk of Amnesia
44. Mr. Fleischer (White House Press Secretary, once)
45. The 'I' in IV
46. Movie shots
49. Curser's word!



52. "A Nightmare on ____ Street" (1984)
53. Tricks
54. Musician/producer Brian
55. Actor's accessory
56. Is a volcano, does this
59. Gulf of St. Lawrence attraction, ____

- Rock
61. City in East Kootenay in British Columbia
63. Lost-in-the-desert mirage
64. ____ State (University from the song at #24-Across)
65. Consequently

66. Care for
67. Late guitarist Mr. Barrett's
68. Celebrity **Down**
1. Switchblade
2. 'Accent' add-on (Emphasize)
3. ____ Bay (Bay of Fundy inlet)

4. Clothes-holding prop
5. Hardly
6. Irish actress Ms. O'Connor
7. Nickname of CBC host George who now also has a show on CNN
8. Computer part

9. Ashen
10. CBC commentator Mr. Murphy
11. Musical piece for Chopin
12. Army assistants
13. "American Bandstand" dancers
18. The Queen's cypher: letter + Roman Numeral + letter
22. Spookily strange
26. Sharon's '80s TV co-star
27. Cut some food
28. 60 minutes
30. Clash
33. ____ Canada (Government agency)
34. Give a job to
35. "How sweet ____!" - Jackie Gleason
37. Washer cycle
38. Was victorious
39. Later on
40. Eloi are the food source of these Time Machine creatures
43. ____ Eel
46. Perfumes
47. Albertan country singer Mr. Lund
48. Habitates, variantly
49. Bus station
50. Lend ____ (Listen): 2 wds.
51. ____ Code
55. Nuisance
57. Ancient outfit
58. Hershey's chocolate/toffee bar
60. Spy letters
62. Et: English

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Yesterday's Crossword

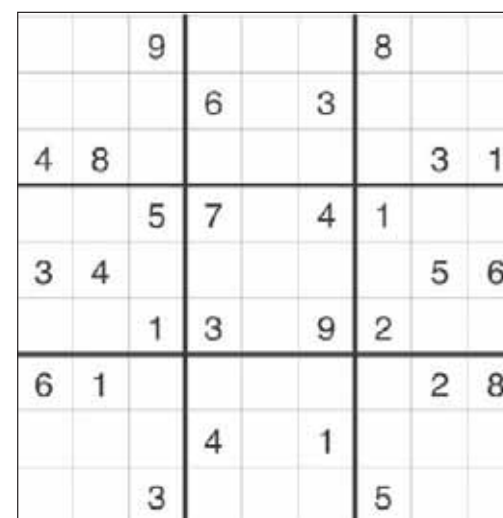


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

MAX: 21°
MIN: 12°

WEDNESDAY

MAX: 22°
MIN: 12°

THURSDAY

MAX: 23°
MIN: 13°

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